



Arroz Frito

Ingredientes:

- 2 huevos
- 1½ cucharadas de aceite vegetal
- 1 cebolla picada
- ½ taza apio americano o pimiento verde picado
- 4 tazas de arroz cocido frío
- 2 cucharadas de salsa soya “light”

Instrucciones:

Esta receta puede prepararse con jamón cocido o pollo cortado en cubos.

1. Bata los huevos en un recipiente pequeño. Caliente ½ cucharada de aceite en un sartén. Revuelva los huevos cortándolos en pedacitos pequeños mientras se cocinan. Ponga a un lado en un recipiente limpio.
2. Sofría bien la cebolla, el apio o el pimiento verde en 1 cucharada de aceite por dos minutos.
3. Agregue el arroz cocido, al huevo revuelto y el jamón pollo cocido en cubitos si lo desea y la salsa soya. Mezcle bien. Cocine a fuego lento.

Rinde 4 porciones

Fuente: Cornell University Cooperative Extension in New York City

Nutrition Facts			
Serving Size 1 cup (8.1 ounce)			
Servings Per Recipe 4			
Amount Per Serving			
Calories	300	Calories from Fat	70
% Daily Value *			
Total Fat	8g		12%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	105mg		35%
Sodium	300mg		13%
Total Carbohydrate	48g		16%
Dietary Fiber	1g		4%
Sugars	2g		
Protein	8g		
Vitamin A	4%	Vitamin C	2%
Calcium	4%	Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	Calories: 2000	2500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

23% calories from fat

This recipe analyzed without addition of ham or chicken.



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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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